

WOMEN'S HEALTH

Nutrition & Stress



- ❖ Eat a variety of foods.
- ❖ Balance diet with physical activity.
- ❖ Choose a diet with plenty of grain, vegetables, and fruits.
- ❖ Choose a diet low in fat, saturated fat, and cholesterol.
- ❖ Choose a diet moderate in salt and sugars.
- ❖ Get adequate sleep.
- ❖ Identify stressors.
- ❖ Reduce alcohol consumption.
- ❖ Have a supportive network of family and friends.
- ❖ Design your own coping mechanisms.
- ❖ Quit smoking.

Heart Health

Heart disease is the leading cause of death in women.



Keys to heart health:

- ❖ Maintain a healthy weight.
- ❖ Don't smoke.
- ❖ Daily physical activity.
- ❖ Maintain safe blood pressure and cholesterol levels.
- ❖ Early detection and treatment.
- ❖ Stress Management.
- ❖ Regular medical follow up with your health care provider.

Breast Health



Breast cancer is the 2nd leading cause of cancer death in women.

What to do:

- ❖ Annual mammograms starting at age 40 years.
- ❖ Breast self exam monthly starting at age 20 years.
- ❖ Clinical breast exams annually.
- ❖ Early detection and treatment.

Osteoporosis



Osteoporosis is a disease of the bones that causes bone weakness.

Keys to bone health:

- ❖ Calcium and vitamin D in recommended daily amounts.
- ❖ 30 minutes of weight bearing activity daily.
- ❖ Discuss your medications with your health care provider.
- ❖ Early detection and treatment for best outcomes.

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www.kanehealth.com

For more info on women's health.
Funded by Illinois Department of Public Health
Office of Women's Health